



Department of Mental Health



**For Immediate Release**

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## **County of Los Angeles Department of Mental Health Joins National Mental Health Association & National Alliance on Mental Illness in Observance of “May is Mental Health Month”**

**LOS ANGELES (Fri., May 5, 2006)** – The County of Los Angeles Department of Mental Health joins the National Mental Health Association (NMHA) and National Alliance on Mental Illness (NAMI) in observance of “May is Mental Health Month.” This year’s theme focuses on the mind-body connection through the promotion of mental wellness and overall health for all people, regardless of age or background.

To address the day-to-day demands of life and ever-growing pressure of fast-paced, on-the-go lifestyles, lengthy commutes, and daily stressors of balancing work and family, the NMHA has developed a series of mental health tips and suggestions. For more information, please refer to [www.nmha.org](http://www.nmha.org). Tip topics include:

- Mind Your Stress: Tips for Managing Stress on the Job
- Workplace Activity Ideas
- Finding Your Balance: At Work and Home
- Tips to Improve Mental Health in Older Adults
- Tips for Improving Family Mental Health
- Childhood Depression: Tips for Parents
- Helping Children Grow Up Healthy: Tips for Working Parents

Other national events include Children’s Mental Health Week (May 7-13), Childhood Depression Awareness Day (May 9) and Older Americans’ Mental Health Week (May 21-27).

(more)

## **“MAY IS MENTAL HEALTH MONTH”**

### **Page 2-2-2-2**

The following is a list of scheduled “May is Mental Health Month” conferences and events that will take place in the County of Los Angeles:

- May 6 (11 a.m.-1 p.m.): NAMI Walks Kick-Off Volunteer Rally  
St. Anne’s Conference Room  
155 North Occidental Boulevard, Los Angeles, 90026
- May 6 (10:30-11 a.m.): Gwen Medina’s “Hope in Voice” Choir  
Community Hospital of Long Beach Health Fair  
1720 Termino Avenue, Long Beach, 90804
- May 17 (10:30 a.m.-5 p.m.): Mental Health Fair – San Fernando Valley  
Victory Clubhouse  
14411 Vanowen Street, Van Nuys, 91405
- May 17-18 (9 a.m.-5 p.m.): Second Annual Hoarding Conference  
Co-sponsored by County of Los Angeles Department of  
Mental Health and Los Angeles Area Fire Marshals  
Association  
Long Beach Convention Center Grand Ball Room  
300 East Ocean Boulevard, Long Beach, 90802
- May 18 (11:30 a.m.-3 p.m.): Mental Health Commission and Department of Mental  
Health Seventh Annual Recognition and Volunteer Awards  
Ceremony – Guest speaker Steve Lopez, *Los Angeles  
Times* Columnist  
Dorothy Chandler Pavilion Salvatore Room  
135 North Grand Avenue, Los Angeles, 90012
- May 23 (1-3 p.m.): Department of Mental Health  
“Employees of the Year” Awards Ceremony  
Descanso Gardens  
1418 Descanso Drive, La Canada Flintridge, 91011
- May 25: (9 a.m.-5 p.m.): Ninth Annual Latino Conference “Transformation,  
Recovery, and Wellness” presented by Pacific Clinics - Co-  
sponsored by County of Los Angeles Department of  
Mental Health and the Latino Behavioral Health Institute  
Pasadena Convention Center  
300 East Green Street, Pasadena, 91101
- May 31 (7 a.m.-3 p.m.): Mental Health Conference for Faith Leaders  
Cathedral of Our Lady of the Angels Plaza  
555 West Temple Street, Los Angeles, 90012

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